

Warm + Well

Warmer Homes, Healthier People

Visit our website, www.changeworks.org.uk

NEWSLETTER SPRING 2008

New Chief Executive celebrates with 1,000th client

Terry Stewart from Haddington in East Lothian is Warm and Well's 1,000th client and the lucky winner of a £200 voucher.

He was referred to the project by his GP at the Newton Port Surgery, as he didn't have central heating in his home, used a one-bar electric fire and expensive plug in heaters. Mr Stewart was awarded a £100 voucher for an energy efficient appliance from Iguana Direct. His GP, Dr Wright, was also awarded a £100 voucher, and decided to donate the voucher to a very happy Terry, doubling his prize to £200!

Mr Stewart said:
"My washing machine is 30 years old and will probably break down any day, I am delighted at winning the vouchers as this means I can now buy a new washing machine."

After receiving a visit and a home energy survey from a Warm and Well adviser, Mr Stewart was referred to the Scottish Government's Central Heating



ChangeWorks' new Chief Executive, Teresa Bray, and the Warm and Well Team (Ailbhe Richmond, Dianne Welsh and Gillian MacDonald) visited Mr Stewart in his home to present the prize.

Programme and is awaiting the installation of free gas central heating, top-up insulation in his loft, cavity wall insulation and draughtproofing.

Make a referral

Warm and Well helps people whose housing may be affecting their health by making their homes as warm and energy efficient as possible.

Submit a referral online at:

www.changeworks.org.uk, click on Energy and follow the links to Warm and Well

Freephone: **0800 512 012**

Email: waw@changeworks.org.uk

Spring is in the air!

Cutting fuel bills when the weather gets warmer



As the days get longer (and hopefully, a little bit warmer) you can still save money on your gas and electricity bills by following these tips:

- Apply for heating and insulation grants now while contractors are not so busy with the winter rush.
- Dry washing outdoors in sunny or windy weather to minimise tumble drier use and prevent condensation and dampness problems.
- Wear layers of clothing you can remove and add as necessary.

If you have gas central heating:

- Programme your heating to come on for less time if you feel your home is too warm.
- You might also want to turn down your room thermostat by a degree or two and turn down (or even turn off) some of your radiators.
- It is definitely NOT cheaper to run your heating 24/7 – use your programmer, room thermostat and thermostatic radiator valves – if you have them – to make your home comfortable AND keep your bills down.

If you have electric storage heaters:

- Turn down the input/charge dial to a medium/low setting.
- Keep the output/room temperature dial set on minimum, unless you feel cold in the evening.
- If you need to turn up the output/room temperature dial in the evening, make sure you remember to reset it to 'minimum' before you go to bed.
- Watch weather forecasts to make sure your storage heaters are appropriately set for unseasonally hot or cold weather.

If your home is too warm:

- Turn off the heating before you start to open windows – otherwise you are wasting money heating the outdoors.

Keeping Warm and Well

During the first two months of 2008 Warm and Well received 46 new referrals from health and social work professionals. Twelve of these clients have been referred to the Central Heating Programme for new heating systems and 19 have been referred for insulation measures. All clients visited also received FREE energy saving lightbulbs. The table below details the savings these clients will make once they have had these energy efficiency measures installed.

How Warm and Well will help

Energy efficiency measure	Number of measures	Lifetime financial savings
Central heating – condensing boiler	12	£7,900
Cavity wall insulation	3	£43,200
Loft insulation	8	£110,500
Draught proofing	7	£4,900

Cosy Kids funding comes to an end

Unfortunately, Cosy Kids' funding from the ScottishPower Energy People Trust has come to an end. Cosy Kids was launched in April 2006 to provide face-to-face energy saving advice and group information sessions to the parents of young children especially low-income families. Over the last two years, Cosy Kids has helped over 200 families (including over 350 children) to reduce their fuel bills and live in affordably warm, dry homes.

Families can continue to get advice about saving energy or reducing high fuel bills over the phone from the Energy Saving Scotland advice centre (Freephone 0800 512 012). Health professionals and social workers can refer people, of any age, with health problems to Warm and Well.

Changeworks is continuing to look for other sources of funding for Cosy Kids. There is a demonstrable need for this type of help and advice, as evidenced by the families who have benefited from this service. We would like to thank the ScottishPower Energy People Trust and everyone who has helped us to make Cosy Kids a success, and also those who have shown their support for the continuation of the project.